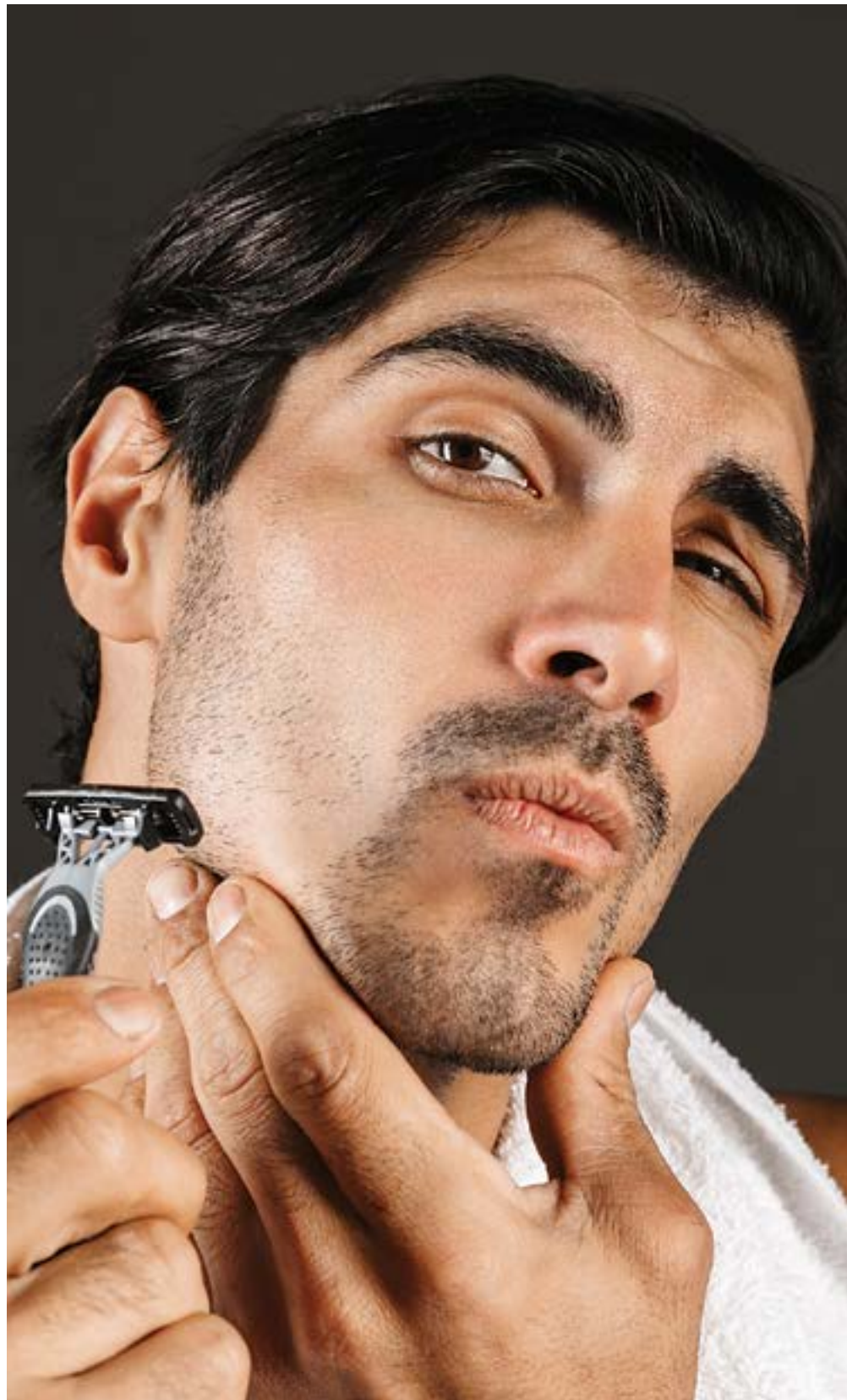


PRIME, PREP AND PLAY



Gone are the days of caves and cavemen. After all, these are modern times and letting your body hair grow wild and free is not appropriate anymore.

By **CHITMAN KANWAR AHUJA**

The day started on a usual note as we got back to work after the weekend. A distant chatter caught my attention, it was none other than my colleagues having a good laugh. I joined in the conversation. One of them was getting ready for her date tonight but not only was she focusing on how she would dress up, but was prepared in case things heated up. We began sharing our concept for the ideal groomed man, and that's how it struck to me.

While men may have their own preferences when it comes to their body hair, women have preferences about what hair they like on men, and what hair should just be gotten rid of completely. For all the men out there, there's some good news. Thanks to having more women on the FHM team than men, we have cracked the age old code of what women want in their man.

Should you be manscaping before a hot date? Or perhaps before your honeymoon? Do you laser off your chest hair or clean shave your armpits?

So let us begin with the basics. Over the years, men's grooming has become increasingly common, and most men prefer a clean, polished look over the au naturel. And the trend is growing. Apart from general grooming benefits, men who participate in different sporting activities such as cycling, bodybuilding and swimming are citing it as a competitive advantage. But do women want a completely bare, baby soft look in their man?

“INTIMATE MOMENTS CAN CAUSE HEIGHTENED EMOTIONS, DON'T MAKE YOUR PARTNER TREASURE HUNT TO FIND THE GOODS.”

Well, she might want to cuddle up to you at night, but believe me, she does not want it all gone. There is a thin line between being well groomed and overly groomed. Body hair is a normal part of being an adult. Moreover, men can get away with a rugged look because it exudes masculinity. So, there is no need to completely wax off your chest, arms, and legs.

While some women prefer a hairy chest and clean stomach, others opt for a smooth chest. Similarly, there are also a variety of manscaping styles for below the belt, which can range from all-natural to neatly trimmed, the triangle, and, of course, all-off.

Manscaping is the sculpting, trimming, and shaving of your pubic hair. Obviously, there is nothing wrong with keeping scraggly and overgrown hair at bay. During intimate moments, you don't want a woman feeling like she's trying too hard to get her way through the Amazon rainforest to simply find the goods. However, you need to make sure that you do not overly manscape yourself as that can be harmful too. We were given hair down there to protect us from chafing and bacteria.

Now that we have the major part of this grooming session covered, let's jump into the staples.

EYEBROWS

As one of the most defining features on your face, your brows demand regular grooming. Use scissors to trim any hair that are longer than the rest. Followed with tweezers to tidy up any hair growing outside the natural shape of your brows. But, be sure to not shape them. You need to look different from your partner somehow, if you know what I mean.

NOSE AND EARS

Do not wait for your nose hair to stick out from the bottom of your nostrils to play peekaboo. To safely groom your nose hair, try trimming with grooming scissors. Alternatively, use an electric trimmer. But, be sure not to pluck your nose hair as it can cause tiny amounts of bleeding, which, in turn, can lead to infection and bumps.



PRIORITISE YOUR DIRECTION

If your grooming goal is to get smooth, you will need to shave in the direction of hair growth, not against the grain. Look which way your hair is pointing toward and shave smooth, even strokes in the same direction.

DON'T FORGET THE MOISTURISER

The sensitive nature of the skin down there and the curved nature of the hair follicles might cause some irritation. But, you can prevent that prickly feeling with a good dose of post-shave moisturiser that contains aloe vera or camphor.

CHOOSE THE RIGHT TOOLS

Keep a set of grooming tools that are exclusively for manscaping. While a razor and trimmer might give you close results, but may require regular grooming efforts. On the other hand, a professionally done wax might seal the deal for a longer duration.

DO NOT RUSH

Well, for obvious reasons. When it comes to super sensitive areas, it is essential to proceed with the highest caution.

BACK AND SHOULDERS

Nowadays, most men who groom, choose to remove all their back hair. Thankfully, waxing can be a fast and efficient way to get rid of unwanted hair, but be sure to leave it to the professionals for perfect results.

UNDERARMS

No one wants to get a sneak peak of your pit jungle. So, if your underarms are looking a little like a forest, you may want to tidy them up by neatly trimming the hair to a shorter length. Though most women prefer clean armpits.

